

January Produce Pick

Spinach



Spinach is a versatile vegetable

- It is in season in DC from January-June and again September-December.

Spinach is believed to be of Persian origin and was introduced into Europe in the 15th century.

- It was not introduced in the United States until early 19th century.

Spinach can be eaten raw or cooked.

- When raw, spinach is tasty in salads, sandwiches, or wraps.
- Steaming, boiling, sautéing or adding spinach to a stir-fry are great options.
- You can also add spinach to soups, lasagna or veggie dishes!

Spinach is part of the dark leafy green family.

- Three common varieties of spinach include Flat or smooth leaf spinach, Savoy spinach, and Semi-savoy spinach. All healthy, delicious choices!

Spinach is higher in iron, calcium, and vitamins than most other leafy greens

- It is also one of the best sources of vitamin A, vitamin C, and Folate.

For more information about the [Fresh Fruit and Vegetable Program](#), contact [Brooke Wheeler](#).

